



The Science of Being Well  
Wallace W. Wattles

**The sequel to "The Science of Getting Rich", this book discusses how the power of positive thinking, and other specific habits can improve your health. Having lots of money and "success" is of no use if you are too sick, stressed or diseased to make use of it. This book outlines the basic thoughts you should hold in your mind about God and health, and gives a practical guide to eating and resting that should lead to healthier living. It explores the principles of health with the aim to lead you to a physically healthier and happier life. - Summary by Daniel Sanchez**

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**Read by Daniel Sanchez. Total running time: 07:43:39**

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